



**Mindfulness: Everyday Strategies  
Anyone Can Implement**



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**Before we start...**

**Stand up and stretch.**

**Relax your face.**

**Lower your shoulders.**

**Loosen your jaw.**

**Take a big breath.**





# Today's Intention

*Keep it simple!*

**1 - Define**

**2 - Experience**

**3 - Discuss**

*Find what works for you.*



Why are you here?





# Mindfulness

Paying attention to something on purpose and without judgment.



# Jon Kabat-Zinn

*Mindfulness-Based Stress Reduction*

Began in 1979

University of Massachusetts Medical School



# Neuroplasticity:

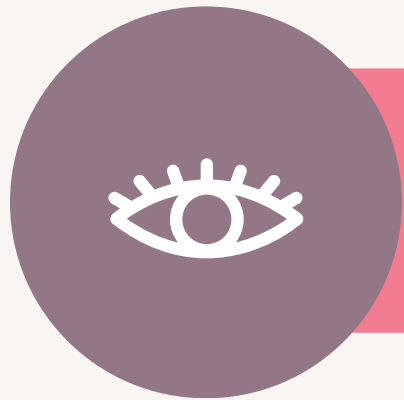
*The ability of neural networks in the brain to change through growth and reorganization.*



# Practice What We Preach



Create new habits.



Be present.



Have courage & step outside the box.



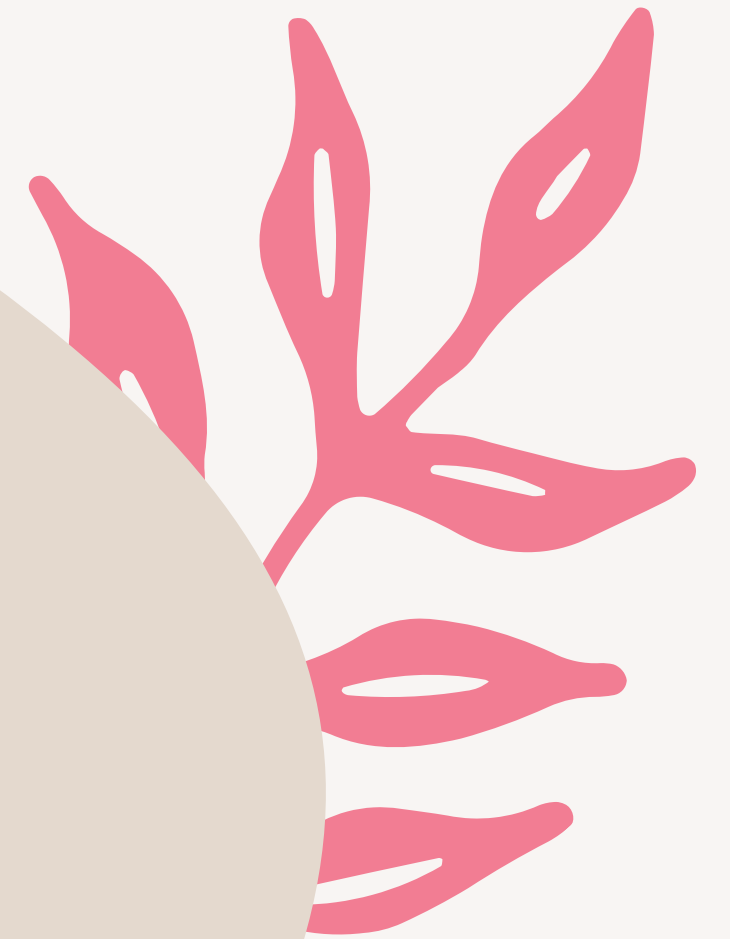


# 1. Breathe

*Parasympathetic Nervous System*

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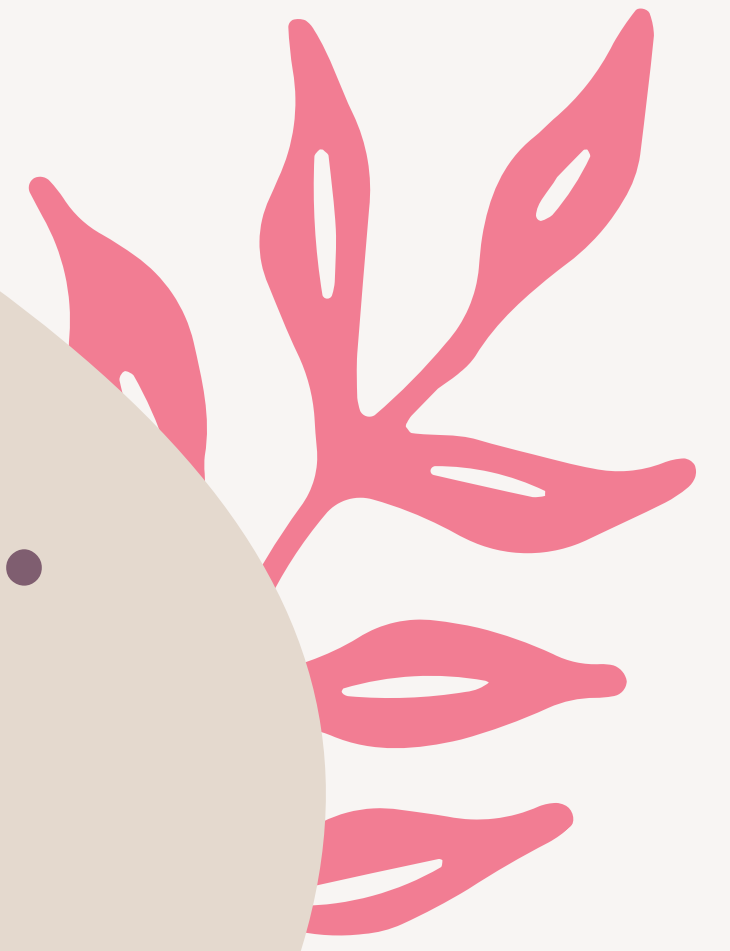


## 2. Get grounded.

*Use your senses.*

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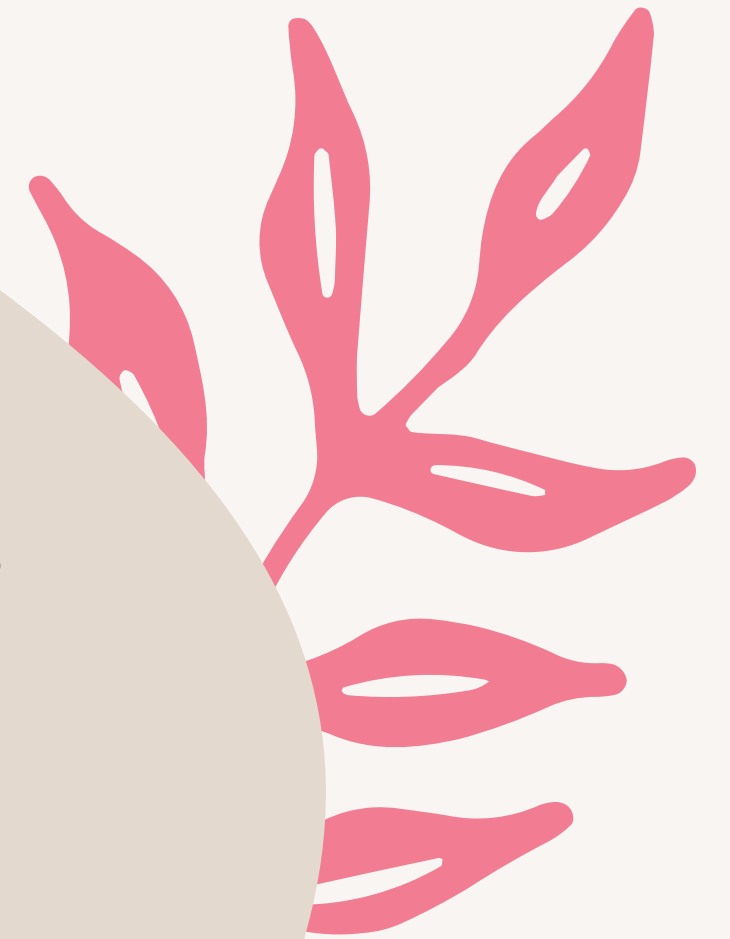
### 3. Do **ONE** thing at a time!

*Multi-tasking is a myth!*

*Dr. Amishi Jha, author of Peak Mind*

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## 4. Set an intention.

*not a goal... not with the end in mind.*

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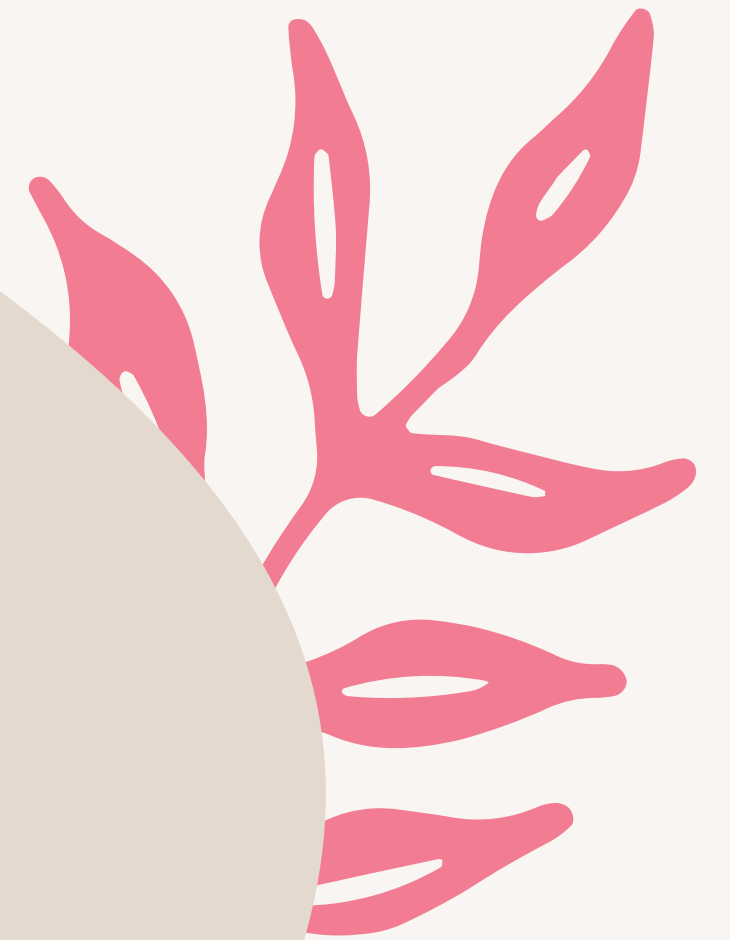


# 5. MOVE!

*The body sends signals to the brain.*

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# Thank you, Kiamichi Tech

for encouraging and empowering us to  
share mindfulness with our colleagues  
and students in Career Tech.





**Thank you for your time!**  
**Please feel free to contact me with**  
**questions or to request a fact sheet**  
**with links and resources.**

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